LXXVIII-No. 1

Amity Regional High School

Woodbridge, CT 06525

September 20, 2024

Students Prepare for a Mock Presidential Election

by Sadie Cunneen '25

Are you ready to vote this November? While you might think that you are too young to vote, Amity will be hold a mock election where students can cast a ballot in the presidential election. This opportunity is educational, informative, and will give those involved insight into the political demographics of the school.

Organized by the Critical Issues class, the mock election is intended to mirror the real-world political process. Students will learn about each candidate's platform and their stances on issues, and then make an informed decision when voting.

Landon Smith '25 said, "I am very excited for this opportunity to run this election. Getting the chance to show other high school students about the democratic process is very important to me." The class hopes this mock election will highlight the importance of voting in our society.

As a part of organizing the elec-



Photo contributed by Alex Klee '25 Critical Issues students and teachers prepare for Mock Election

tion, Critical Issues students will create and broadcast presidential campaign videos for each candidate, which will be shown across the district, including at the high school in Spartan Seminar on October 30th.

High school voting will take place on November 1st, where students will come to the front of the school during their social studies class and cast their vote. Voting will be done electronically through 10 computers stationed at the front of the building.

November 1st is a D day, so, periods 1 and 2 drop. Those with a social studies class this period will vote with absentee ballots. These will be distributed in the days leading up to the election, and students will be able to submit their absentee ballots between October 28th and November 1st. Seniors can vote during SSP or lunch on November 1st if they are not enrolled in a social studies class.

Students in Critical Issues will be present during voting to ensure that each student votes once and to collect exit polling information as students leave the voting area. This is an important part of elections as it is often used to predict results as well as gain insight into who each candidate appealed to. Results of the mock election will be announced by

the end of the school day on November 1st.

Amity's mock presidential election will be an exciting and educational opportunity for students in the district. By participating, they will gain a greater understanding of the American political process and how to make informed decisions through research and exposure to each candidate's stances on prevalent issues.

Students are feeling the excitement and anticipation in the lead up to the big day. Macie Salado '25 said, "I think that it's awesome that Amity does a mock election to allow students to get a feel for the voting process and express their views."

Students are the next generation of voters and leaders.. This opportunity will provide them with experiential learning that is hard to replicate in a traditional classroom.

Annual Pep Rally Kickstarts Spartan Spirit

by Soma Kim '25

The pep rally, held at the beginning of every school year, never fails to kickstart the semester with anticipation and ex-

citement. As students and teachers settled onto the turf field after a successful evacuation drill, the Amity Spartan mascot could be seen marching around with the support of Scarlett Zhai '25 and Hannah Guo '25 – the student government executive secretary and treasurer, respectively. Zhai stated, "I loved seeing how Sparty promoted school spirit, he was giving everyone high-fives and generally being cool." The cheers between students and mascot reflected what would soon become a competitive but spirited pep rally.

As students began to fill up the stands, various student government members stepped up to the field. Alexander Klee '25, president of the executive board, took the microphone and introduced himself, passing it down to the continued on page 2 other members. Executive vice president



Photo contributed by Eric Rothbart

Students and staff gather around Sparty at the Annual Pep Rally.

Changes Made for Student Parking

by Sarah Shaikh '25

With the new 2024-2025 school year, many changes have come to Amity, including new policies for student parking. For the past two years, there have been assigned spots to promote safety and lessen traffic. One benefit to assigned parking was that it gave the opportunity for seniors to paint their parking spots, allowing them to express their creativity.

Towards the end of last year, the administrative staff started to notice that assigning students parking spots, and specifically spot stealing, was increasing the number of late arrivals and tardies.

Working with the class of 2025 student government officers, administration moved to switch to use zoned parking for the 2024-2025 school year. Instead of assigning specific spots, Associate Principal Monica Kreuzer developed the idea of having colored sections that would be assigned at the beginning of the school year. Seniors would receive gold or black parking stickers and juniors would receive red to indicate their parking zone.

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Pep Rally Kickstarts Spirit

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Volunteers stepped up to show off their class's strength and determination in the traditional tug-of-war game. The first round consisted of a game between freshmen and sophomores with the second match between juniors and seniors. With the support of classmates in the stands, sophomores and seniors won their matches. Then, in the anticipated championship showdown, the sophomores emerged victorious, but this was only the beginning of the pep rally's thrill.

After the first game, four individuals volunteered per class for the relay. Tension bubbled in the stands as baton in hand, the first runners took off. The crowds waited to see which class would come out on top. The sophomores pulled through and won the relay race as well as the tug-of-war.

Despite the sophomores winning both competetions, everyone's contributions raised school spirit. The pep rally successfully started the year on a positive note, highlighting the importance of teamwork and perseverance.

Klee said, "The pep rally had some great energy! It was incredible to have the whole school together to kick off the year!" Although there may be various obstacles and difficulties, let us keep the energy from the pep rally throughout the rest of the school year.

Club Day Showcases Students' Diverse Interests

by Sabrina Osowiecki '25

Each September, students look forward to a highlight of the Amity experience: Club Day. On September 12, students participated in the annual event by hosting booths outside the school. During lunch periods, students of all grade levels perused the various clubs' setups.

One such group present at Club Day was Haven's Harvest. A non-profit based in the Greater New Haven area, Haven's Harvest is an organization that rescues excess food, providing for those in need and minimizing food waste. Students take part in this initiative through a club run by seniors Cathy Lee '25 and Becky Chen.

Lee said, "Club Day is very important. We gather members and establish a crew for the upcoming year." She explained that because she and Chen are seniors, "it is important to gather new members so the club is in good hands when we graduate."

Another club that utilized the opportunity of Club Day was South Asians at Amity. Focusing on providing a space for students coming community, this club shares the diversity of South Asia with the Amity student body. Anjali Prabhu '25 feels the club is an amazing chance for students to come together.

"A lot of incoming freshmen come from various backgrounds, especially South Asia, so it can be difficult to find a group where they are accepted. Club Day gave them an opportunity to see that there is a place for them," Prabhu said.

Another popular club, CLA (Civic Leaders of America, formerly JSA) was also present at Club Day. With chapters across the country, it allows students to participate in America's democracy through conventions and events. Moreover, Hannah Guo '25 appreciates the chance to showcase the accomplishments of CLA and said, "We had a hectic summer with [transitioning from] JSA to CLA, but Club Day allowed us to debut what we had been working on."

Ranging from Jazz Band to Marine Biology and Robotics Club to Art Club, Amity has a wide variety of clubs to choose from, allowing all students to get involved in their passions and into embrace their culture in a wel- terests alongside their peers.



Photo contributed by Sabrina Osowiecki '25 Meher Quadri '27 and Daniel Mowerman '25 at the Republican Club Table on Club Day.

New Teachers for a New Year

by Aryan Shrivastav '27

the new demic

year begins, Amity Regional High School enthusiastically welcomes a vibrant group of educators into its community. These teachers come from a variety of professional backgrounds, bringing with them years of experience, a passion for teaching, and an eagerness to inspire the next generation of students.

Chemistry teacher Pam Brownell has over 20 years of experience, having taught at Sacred Heart Academy. Initially, she envisioned herself as a college professor but discovered her passion lay in the classroom, not academic publishing. Brownell's first weeks at Amity have been busy but rewarding, as she adjusts to the new environment and embraces the opportunity to work in a coeducational setting.

"Amity has a warm welcoming environment, which makes teaching here fun," she said. Her move to Amity was motivated by a desire for new challenges. She remains excited about her role and looks forward to teaching in a fresh setting.

Matt DiGioia's path to teaching English was inspired by teachers during his own education. From his fifth-grade teacher to his eighthgrade social studies teacher, to his journalism teacher, these mentors have shaped his love for teaching and writing. With 12 years of teaching experience in Milford and West Haven, DiGioia chose Amity for its exciting opportunities, academic culture, and helpful faculty and students. He appreciates the community, culture and collaborative atmosphere. He really looks forward to "trying the taco salad" but is most excited about getting to know each

Lindsay McCarthy is a new teacher in the Science Department with a passion for helping others. She majored in biology and prior to teaching at Amity, she worked at

Lewis Mills High School and as a clinical technician at Yale New Haven Hospital. McCarthy has found the transition to Amity both busy and exciting. She aligns with the values here and admires the school's ability to foster student growth, sayind, "There is something about teaching that is so uplifting and special. To be the reason that a student feels important, finds what they're good at, or makes a better decision is so rewarding.

Abigail Allen is a new math teacher in the school. An Amity grad herself, she decided to become a math teacher in the 7th grade. She realized that students' opinions on math are based on whether they think they are capable of it, thus making it a goal to "improve students' opinion of math by showing them they have what it takes to master math," she said. She taught at SCSU, but this is her first year teaching at a high school level. She hopes to learn who she is as a teacher and have fun with it.

As Amity welcomes these and other new educators, it is evident their passion for teaching and commitment to students will make a lasting impact. Each teacher brings unique skills and experiences to inspire students in meaningful ways.



Photo contributed by Trident staff English teacher Matt DiGioia talks with students in his period 8 class.

Welcome to All of Our New Teachers

Katherine Albon - Special Ed. Pam Brownell - Science Erin Cepelak - Physical Ed. Matt DiGioia - English Xiaolong Lin - Chinese Lindsay McCarthy - Science Karen Terni - Paraeducator

Abigail Allen - Math Hunter Carey - Science Chiung-Chun Chen - Chinese Stacey Gardner - Paraeducator Jamie Mack - Science Genevieve Schwartz - Math Sandra Zuvanich - Special Ed.

Changes Made for Student Parking

Continued from page 1

Associate Principal Miguel Pickering said, "I hope it reduces the late arrival by making it first come first serve for the better spots and help security have an easier time doing their jobs. It would reduce driving around in circles in the morning, as students would know exactly where they would have to go to park."

While administration touts this shift as beneficial, some of the students disagree. Hannah Guo '25 said, "I strongly dislike the new parking system, I feel like the parking lot has become more of a free for all. Most of all, I dislike how seniors weren't given the option to paint their parking spots; it took away a lot of the artistic fun and joy that [could have kickstarted our senior year."

Other students, however, have mixed opinions about this new change. Mannal Akbar '25 explained that she felt that the new parking regulations are good and were needed to relieve the parking problems, but added, "I still prefer the assigned parking spots rather than the first come first serve rule."

Overall, this new parking system will have to be tested out this year to figure out its efficacy in deterring parking violations. While hopes were high for the start of the new school year, as parking enforcement began on September 9th, the same old problems of spot stealing and parking without paying for a sticker creeped their way back into the Amity lot.

Editorial

Gun Safety Starts at Home

by Alex Klee '25

headlines poured in on September 4th, the day

of the deadly school shooting at Apalachee High School, in Winder, Georgia, many around our country questioned what more it would take to put an end to school shootings. Living so close to Sandy Hook Elementary School, this question hits even closer to home here in Connecticut, where earlier this year the victims of that deadly shooting missed what would have been their graduation ceremonies.

Perhaps the most shocking detail of the tragic events of Apalachee High School hit the news towards the end of that awful day: the 14-year-old shooter's own father gifted him the gun used to carry out the attack. This horrifying new aspect to this story has caused experts to return to discussions surrounding the role and liability of the parents of school shooters.

The idea that parents could face charges for the murders committed by their child were almost unheard of until March 2024, when parents Jennifer and James Crumbley were found guilty of involuntary manslaughter after their son shot and killed four classmates at Oxford High School in Michigan in 2021. The Crumbleys were notified by school administration after they discovered his violent drawings and a written plea for help, but the two parents refused to pick him up and find him the help he needed. Prosecutors also highlighted their son's access to a handgun that James Crumbley owned, and that their failure to practice safe gun storage allowed this shooting to happen.

In recent days, we have learned that this precedent from Michigan is being used in Georgia against Colin Gray, the father of the shooter. Prosecutors in Georgia argue that the father should be charged for manslaughter and murder, given his knowledge of his son's previous social media threats and his decision

to gift his son the gun used in the shooting. While the case is just beginning -- and the father is innocent until proven guilty -- the reported facts suggest that the father's actions and inaction had a significant impact on the events of September 4th.

The legal case against Colin Gray will work its way through the Georgia courts. In the meantime, the rest of us must take steps to prevent future tragedies.

We can start by answering the question: how was it acceptable for a child to have access to a firearm at home?

According to Everytown for Gun Safety, only twenty-six states have laws on the books that require gun owners to safely and securely lock up their firearms or that penalize gun owners if children gain access to the weapons. While we have a law in Connecticut that requires guns to be stored when not in the owner's control, Georgia does not have these same protections. A 2019 study by the U.S. Secret Service found that 75% of guns used at school shootings were taken from the home of the perpetrator's parents or from another relative.

It's highly unlikely that America will be without firearms within our lifetime. Thus, we have to do all we can to keep dangerous weapons away from protected areas. One way to make progress here in Connecticut would be for the federal government to once again reintroduce Senator Chris Murphy's "Ethan's Law," named in honor of Guilford teen Ethan Song, who was accidentally killed when he and his friend were playing with an unsecured gun. Senator Murphy's law is modeled after a law Ethan's parents advocated for here in Connecticut which requires safe gun storage in houses with children under 18 years old.

Safe gun storage is a simple and effective way to protect children and others from firearms. If we can all agree that every gun owner must do their part to keep firearms away from kids and schools, it logically follows that every gun owner must secure their weapons at home.

Change through Youth Advocacy

by Armaan Shrivastav '27

strongly believe that climate change is an

urgent issue that needs immediate attention. I believe that it is imperative to slow down the rate of climate change and work towards a better future. However, if I didn't state this opinion outwardly, no one would identify the urgency to act upon it. This is why youth advocacy is important.

Youth advocacy is about identifying, understanding, and addressing the issues that are important to young people. It involves publicly speaking about issues and implementing change. The CT Speech and Action Organization hosted the Speech Spotlight Competition at the Case Memorial Library on Saturday, August 18 to get young people to speak about social issues that they are passionate about.

Events like these are extremely important because they inspire young people to create an environment where society understands and acts upon the issues they are passionate about. Youth advocacy helps keep young people informed about the issues around them, increasing the likelihood that they will care more about their community and be an advocate to address these challenges. It allows the youth to understand the impact of their actions on society. The youth is the future, and youth advocacy grooms them to be the best version of themselves and be active in their community.

Youth advocacy also helps individuals personally. The youth gets a chance to enhance their public speaking skills and become com-

fortable addressing large audiences. It allows them to advocate for themselves in their future as they are fueled by the self-confidence and high self-esteem they have gained from speaking about relevant issues. Youth advocacy empowers young people to develop leadership skills while also cultivating essential traits such as determination, perseverance, and resilience.

Through advocacy, they gain the confidence to lead, make a difference, and navigate challenges effectively. Also, with the election coming up, the youth needs to express their voices more.

The Speech Spotlight Competition, which is hosted annually, is an excellent opportunity for the youth to express their thoughts on society. Engaging with society at a young age benefits both the community and the individual. As a participant in the competition, I was inspired to take action on the important issues discussed and also honed my public speaking skills by identifying areas for improvement in my speech. For example, some important issues I learned about were food and water scarcity. Many people do not have access to basic necessities and actions like bringing them food, establishing organizations and petitions, and informing representatives so they could work on the issue can help these people gain some access to food and water.

By engaging in youth advocacy, you can inspire others to understand and take action on the causes that matter to you. Getting involved not only helps your community but also equips you with valuable skills for your future, empowering you to make a meaningful difference in the society you live in.

The Amity Trident

The Amity Trident

Amity Regional High School 25 Newton Road, Woodbridge, CT 06525 203-397-4830 amityregion5.org

EDITORS-IN-CHIEF

Aachal Gupta '25 Hannah Guo '25 Soumya Wijesekera '25

NEWS FEATURES
Alex Klee '25 Libby Grant '25
Eve Marin '27 Jacqueline Miller '27

OPINIONS ARTS
Joy Deng '26 Nicholas Lu '26

SPORTS SOCIAL MEDIA Soma Kim '25 Scarlett Zhai '25

> FACULTY ADVISOR Emily Clark

CONTRIBUTING WRITERS: Sadie Cunneen '25, Sarah Shaikh '25, Aryan Shrivastav '27, Sabrina Osowiecki '25, Armaan Shrivastav '27, Janet Fan '26, Chloe Chang '27, Avery Ketchian '27, Kathy Scully '25, Claire Theiss '26, Elena Huber '27

To view the newspaper online go to http://ourschoolnewspaper.com/Trident/

For any corrections or tips, please email amitytridentnewspaper@gmail.com

To sign up to write or take photographs for The Trident, contact the Editors-in-Chief, Mrs. Clark, or email amitytrident@amityregion5.org

The Amity Trident, Amity Regional High School's monthly student newspaper, is printed by Valley Publishing, 7 Francis Street, Derby, Connecticut 06418.

Welcome Back, Trident Writers!

Our first meeting of the year will be after school on Thursday, September 26 in Room 106.

Join us to learn more!



Regulating Tech Doping Navigating the Future of Sports Integrity

by Janet Fan '26 and Joy Deng '26

"Tech doping" is when sports gear gets so advanced that it gives the players an unfair advantage: like grippy gloves and high energy-return shoes. Equipment, found everywhere in sports, has become exponentially more high-tech since the dawn of athletic competition. But when does the tech get so good that it should be banned?

We can all agree that runners shouldn't rollerblade and cyclists shouldn't use motors. These technologies are clearly against the spirit of the sport. Banning equipment gets more complicated, however, as the line between correction versus enhancement becomes blurred. The same applies to the definition of what constitutes an athlete's "natural abilities." Here we share two perspectives on tech doping.

"Tech doping" exacerbates existing inequalities and harms the spirit of the sport

Tech doping allows unfair advantages to certain athletes and widens the socioeconomic gap in sports. While tech gear is extremely well-engineered and fascinating, they also enhance the athlete's ability to an unfair extent. For example, the banned full-body streamline swimsuits also had shark-like texture, reduced fatigue, and made floating easier. Teams that had these swimsuits showed a huge spike in performance and 43 world records were broken (ABC News).

Of course the most ideal solution is for everyone to be able to use the streamline swimsuits, but distributing tech requires a lot of money, and a lot of countries don't have resources. There is already

a large disparity between countries in terms of sport look like by measuring his height and wingspan resources, as a lot of developing countries don't have sports facilities and training centers. Tech doping widens already existing barriers to sports.

"Accessibility, universality, and fairness" are in the guidelines for approved racing shoes. This was in response to the success of the Nike Vaporfly, a "super shoe" that makes runners around 4% faster (Newsweek). At that time Elois Kipchoge was the first person to run a marathon within 2 hours with the Vaporfly prototype shoes.

While this is an extraordinary achievement, the prototype shoes weren't released on the market and accessible to everyone, making this tech gear unfair. Soon after his record the Olympic committee regulated all running shoes to be on the market at least 4 months before they were used in a running event.

'Tech doping" restriction guidelines are arbitrarily drawn and more unfair

While there are legitimate problems with unregulated tech, the subjectivity of what constitutes "unfair" creates additional problems with the regulations that sports governing bodies create.

A large reason for a ban on elevated shoe soles was to make sure that athletes wouldn't unfairly use tech to make themselves taller or to give themselves an extra boost (Newsweek). However, what happens when this crackdown on "tech doping" actually creates more barriers? Paralympic sprinter Blake Leeper, for example, qualified for the Olympics with the 5th fastest time in the world against non-disabled men, but was not allowed to compete because his prosthetics would make him too tall (CU Boulder Today). The courts performed calculations of what Leeper' non-prosthetic legs would

then using ratios to calculate the supposed length of his legs. They found that his "natural height" would have to be 3 inches shorter than how tall he was with his running blades.

Clearly, there is a difference between wearing super shoes and using prosthetics in athletic events. However, we can see that both regulations stem from the fear of technology replacing innate human ability. The assumption is that measuring how athletes perform "naturally" without the aid of technology is the most fair. But even without tech, some athletes already have genetic advantages over others, like Michael Phelps' unusually large wingspan. Defining what is natural can also be a moving target. That the body ratios that the Olympic committee used to evaluate Blake Leeper were based on a very small sample size of White and Asian men, while Leeper was Black. Moreover, some experts, such as Andy Miah, argue that using regulations to fight against the tide of sports innovation is futile. "Elite sports performances are always a combination of biological capability and the training of that ability through technological means," he says. "There is no natural athlete."

These questions mean that the current guidelines are often arbitrarily drawn. Research has found that a 4-inch variance in prosthetic height does not lead to a significant increase in speed for the paralympian, yet Blake Leeper was still disqualified (Scientific American).

Clearly, more conversation needs to be had about the legitimacy of "tech doping" concerns and more equitable guidelines need to be put in place so that sports governing bodies truly are making the sport accessible to all.



116 Old Amity Road

Bethany, CT 203-393-PETS (7387)

Kimberly McClure Brinton, DVM Shannon Brighenti, DVM Dallas Passerine, DVM Dana M. Perry, DVM

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On Senior Year . . . and the Process and Journey to Success

by Sabrina Osowiecki '25

"Success" is a powerful word in that it has no clear cut meaning. Merriam-Webster defines it as a favorable or desired outcome.

The Oxford English Dictionary

explains it as the prosperous achievement of something attempted. But, in truth, "success" has no meaning until someone, anyone, places their own meaning upon it. Success is an abstract concept that is subjective and deeply personal; its value should reflect a person's own interpretation of it.

Success is also not a concept measured uniformly by magnitude. It can refer to something as simple as a young child learning to tie their shoes or to something as celebrated as that same individual, years later, being handed their high school or college diploma.

As a senior at Amity, I believe that success can be found both within academics and outside them. I have had a wide range of academic opportunities, including the Science Research Program, writing for the Trident, and taking a wide variety of courses related to my interests, such as APBiology, APEnvironmental Science, and photography.

Since elementary school, I have been fascinated by nature and the environment, particularly insects. As a result of my research in the Science Research Program, I discovered my passion for entomology, which I hope to pursue as a career.

For me, success is mainly defined as realizing my dreams; while this is sure to take many years, I also consider this process and journey itself to be a series of successes building up throughout the years.

In addition to academics, I find the friendships I have created in high school are also successes in their own ways. The communities I have been lucky enough to be a part of and the memories I have been privileged to have made are all examples of success; they show the intrinsic value within anything one cherishes.

To me, success is defined in a number of ways across a variety of areas and scales. I believe that the true celebration of success lies in its ability to draw us all together in our search for it, whatever it may mean for each of us personally.

However, success is not always confined to its subjectivity. Evidently, success always ties back to happiness; once a person can confidently say they are satisfied and happy both in themselves and in what they have contributed, they have undeniably achieved true success.

The 2024 Election and the Battle Beyond Connecticut

by Libby Grant '25

Presidential election is steadily approaching and excitement is

rising as candidates gear up for the big day in November. Vice President Kamala Harris and former President Donald Trump are in the thick of campaigning, having just had their first debate on September 10th. They spend their time campaigning in states all across the country where they attempt to garner support and raise morale while educating Americans on their personal/ party platform.

So if these events are so important, why does it feel like the people of Connecticut rarely hear about campaign rallies within the state?

This is because candidates put a large percentage of their time and funding into "swing states" (aka. battleground states, purple states, tossup states, etc.). Swing states are regions that sometimes vote democratic and sometimes vote republican depending on the candidate and election. Conversely, certain states such as California (blue) and Texas (red) are nicknamed "safe states" due to their tendencies to consistently stick with one political party.

Connecticut falls into this category, having voted democratic for the past eight elections. Connecticut is not targeted by numerous rallies or advertisements because Harris and Trump do not feel as much urgency campaigning in safe states. Voters here have shown consistent support for the same party over the years, so the candidates would rather focus their efforts on states where the outcome is less certain.

Now that the difference between swing states and safe states is clear, we can dive into deeper questions about swing states. What are the key battleground states in the 2024 election and which demographics will Harris and Trump target in order to secure the most votes?

Harris has had a whirlwind of a campaign thus far, stepping up al most as soon as President Joe Biden dropped out of the race. Her key battleground states are Wisconsin, Michigan and Pennsylvania. Trump focuses his efforts in North Carolina, Georgia and again, Pennsylvania.

Though they both ultimately need to secure certain states to win, their respective strategies have been different thus far. The Harris campaign has spent a higher percentage of funding on national advertising than the Trump campaign, whereas Trump has spent a higher percentage of funding on state-specific advertising than the Harris campaign.

While each candidate has a different strategy, they must both take into account who their targeted demographics are. Harris, being a Black and Asian-American woman has been appealing to women of color across the country. She has especially zeroed in on Gen Z, appearing in Instagram ads and on TikTok. Harris is trying to gather as many young voters in this election as possible. Gen Z is a diverse generation that has been becoming more and more politically active. The Trump campaign has seen the importance of young voters too.

Donald Trump is attempting to appeal to young men, appearing in interviews with Adin Ross and YouTuber Logan Paul, both influencers with mostly young men as followers. In addition, Ohio Senator J.D. Vance made an appearance on the Full Send podcast, hosted by the Nelk Boys. Through these appearances, this campaign has targeted many men under 30, a group he thinks has a high chance of voting for him.

While Connecticut may not be a major focus in the 2024 Presidential campaign due to it being a "safe state," every vote still counts. When Kamala Harris and Donald Trump target their key demographics and battlegrounds, it shows how political campaigns are always changing.

Anything can happen in an election and though battleground states receive the most attention, even in states that seem predictable, the power of individual voices can make a difference.



Photo from nbcnews.com

Vice President Kamala Harris and former President Donald Trump

Civic Leaders of America End of an Era and Beginning of a New Hope

by Hannah Guo '25 90 years of

promoting youth civic engage-

ment, The Junior State of America dissolved at the end of August 2024. The Junior State of America (JSA) had been a cornerstone of youth civic education for

decades, fostering a generation of politically aware and motivated students to be leaders in their communities. This unex-

pected decision from the board deeply impacted over 7,500 members across the nation and in seven territories, including the JSA community here at Amity High

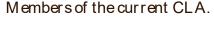


Photo contributed by Hannah Guo '25

School, part of the Northeast State (comprised of the six New England states and New York).

For decades, JSA had been more than just a club. It was a space where students could explore political issues, engage in activism, and develop leadership skills. The dissolution left many members feeling uncertain about the future of youth-led civic engagement. Kiki Michelbacher, Former Northeast State Director, said, "This was a decision that would drastically affect the students' relationships with their identities and with their voices in politics."

The students and governors were not given a chance to change this decision. One such student, Manaal Akbar '25, the 2024-2025 Amity JSA Chapter President, Iamented, "When I heard the news, I was shocked, upset, and honestly in disbelief. What were we going to do now? How could something so big just

However, in the face of this challenge, eight high schoolers from across the nation came together with a vision to ensure that the legacy of civic involve-

ment would not be lost.

As soon as they found out the news, the eight JSA governors, hailing from each JSA region, worked together tirelessly to create a new, entirely youth-led organization: the Civic Leaders of America (CLA). They diligently decided to take on this new challenge-leading both their National Cabinet and their own State

> cabinets while establishing a new organization. Upholding national and state responsibilities to cohesively unite the new organization, the Governors decided to continue the mission of empowering young people

to lead, engage in meaningful political discourse and activ-

ism, and become the next generation of youth civic leaders.

Sophia Mora '25, 2024-2025 Southeast State Governor from Miami, said, "The Governors have been working so hard. I never knew how much work would go into starting a new national non-profit—we never expected our terms to begin like this. JSA was so unique because of how it was student-led, but CLA has taken 'student-led' to the next level. We have State Cabinet Directors, Agents, Mayors, and Deputies, all working together for something new. Everyone has the opportunity to be a leader in their own way,."

Although JSA has dissolved, its spirit still lives on in these student leaders and in CLA. This time, however, the organization aims for transparency, sustainability, and genuine youth impact. With thousands of students matriculated into CLA, national activism and voting initiatives planned, and their current process of reviewing adult Board of Directors applications, this budding organization is bound to have a promising upcoming year.

Students Engage in Meaningful Experiences through Mission Trips

by Soumya Wijesekera '25

As we begin the 2024-2025 school year, it is hard to believe how fast the summer went. Although the summer is a time to relax and spend time with friends and family, Amity students also used their time to help communities in underserved areas around the world through mission trips.

One such mission trip that Amity students participated in was to Peru. From August 13 to August 23, Claire Cowan '27 and seventeen other individuals from her local church traveled with an organization called Vera Aqua Vera Vita, a company which aims to empower communities in developing countries to generate clean water and sanitation solutions.

While in Peru, Cowan and her group stayed in the center of Piura. One of the leaders of their church, Father Joe, originally traveled to Piura over 30 years ago to do similar work and has been continuing the tradition ever since. Each year, it is evident how the community of Piura is continuing to make strides in the right direction.

Stationed at their mission house called Santissimo Sacramento, Cowan and others began their days with breakfast cooked by

the ladies of the mission house. Afterwards. the group would drive to towns such as Cerro de Leones and Las Mercedes and distribute different items to the people of the surrounding communities such as shampoo, conditioner, and chlorine tablets.

After the distribution, the adults commonly led a clean water seminar while Cowan and others had the chance to interact with the children of Piura.

Cowan and her cousin engaged in a variety of activities with the children, such as making bracelets, playing soccer, and jumping rope. Claire admires how the children "made so many bracelets and loved learning. I have so many that they made for me, and it's so special knowing which kids made it and how grateful they were". Afterwards, the group traveled back to the main city in Piura and went to mass, where they engaged in a service filled with singing and joy.

According to Cowan, her favorite part of the trip was seeing the excited children. "They treated us like celebrities everywhere we went... They just had so much joy you couldn't help but be happy."

Along with the mission trip to Peru, students also traveled to Mexico. For one week, Yunah Kim '25 and her church traveled to Yucatan, Mexico to help those in need.

From August 3 to August 10, Kim and about thirty other individuals consisting of doctors, pastors, adults and high school students began their days at 6am. To start, they made breakfast for their whole mission team before heading to the mission site by bus.

Once they arrived, Kim and the other high school students ran a Vacation Bible School (VBS) for the elementary school kids,

"which were packed with a mix of Bible lessons, crafts, singing, dancing, balloons, and even temporary tattoos." In the meantime, the adults and doctors took care of the elders and anyone else in need.

At around noon, the group indulged in authentic delicacies prepared by the locals. As the day dwindled down, the group wrapped up their activities and made their way back to the mission house.

the local's stories and different aspects of their culture. It was very rewarding to help them and it was an experience I will never All in all, Amity students had a very ductive summer helping those in other communities. We look forward to all the experience they will bring back and share

to our community this school year!



Photo contributed by Yunah Kim '25 Kim reflects on how the experience was truly one of a kind. "I loved learning about "I loved learning about"

Photo contributed by Yunah Kim '25 en Korean Church with children of Yunah Kim '25 and members of New Haven Korean Church with children of Yucatan

CELEBRATING SUBACK TO

Take a look at how students and staff fe

Sana Mohammed '25: "We should highlight student achievements in the school newspaper and social media platforms like X or Instagram."

Ms. Kreuzer: "I want teachers to nominate students every month who are collaborators, communicators, empathizers, problem solvers and planners so we can display them in" the hallways."

Kate Cushing '28:

"Amity can recognize the achievements of students that work behind the scenes of the lesser known teams or clubs."

Sophia Tashlein '27:
"Whether the success is as big as winning a national award or as small as brushing your teeth, no achievement should be overlooked. Amity can recognize successes by celebrating an achievement we do each day: coming to school."

Evan Pedigo '27
"Amity could celebrate student success with kind recognition for the individual whether an accomplishment is big or small."

Dariush Raissi '25:
"Amity can celebrate everyone's success by not only focusing on their academic successes, but everyone's personal success."

UCCESS AS WE GO SCHOOL

el they can celebrate each other this year!

Phoebe Halsey '26:

"Amity can acknowledge student success and verbally express how proud they are."

Mr. Rostowsky:
"Between the three shops, we make a water bottle and award it to a student of the month."

Quin Cohen '26: "Students can be successful in many ways, not just through sports. It can be getting a gold medal but can be simply improving grades or finishing a project on time."

Olivia Cummings '26:
 "Amity can celebrate successes by showing them that they are recognized. Whether it be by an email congratulating them when they accomplish something, or an award of any kind."

Akshay Bulsara '26:
"Amity can celebrate all students' success by not only awarding top students but also rewarding and recognizing students who show improvement throughout the year."

Z Zhang '27 "Amity can celebrate all
students' success by
highlighting students'
personal victories or
accomplishments in
their lives outside of
school."

Arts Department Readies for a Year Full of Performance and Production

by Chloe Chang '27

While Amity students settle into a steady rhythm for the school year, the arts department has been

preparing for a busy few months ahead of them! In a recent interview with Jess Zamachaj, department chair of Visual and Performing Arts, the many productions and competitions this fall have been revealed.

Music in Motion, consistently a crowd favorite, unites the Amity band, jazz band, and choir together as they are working hard to provide another enlightening performance. Zamachaj said, "Music in Motion is one of the most active and fun events, and you never seem to know what is coming next." She urges as many Amity students as possible to watch the best of Amity Performing Arts on October 24th in the Brady Center.

In addition, performing arts students will also have the opportunity to audition for the annual Connecticut Music Educators Association (CMEA) on November 23rd. Auditioning for CMEA has been a longstanding tradition at Amity, and musicians who have previously participated have stated that it was an educational and rewarding experience. Students who excel in the regional festival have the opportunity to play with the best musicians across Connecticut in the CMEA AII-State festival.

Prospective auditionee Ben Sachar '26 has expressed his excitement for the opportunity, saying, "I'm looking forward to auditioning for the jazz ensemble. It's my first time, and I'm spending ample time practicing and preparing." Although it is still September, it is important for all performing arts students to start getting ready for this incredible opportunity ahead.

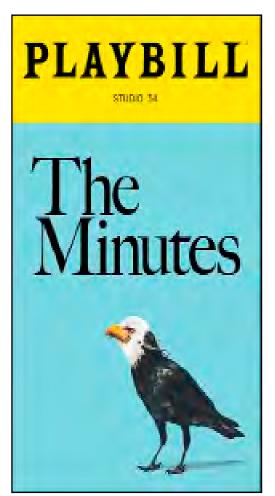
Meanwhile, in the Visual Arts Department, teachers are working to set up a traditional art show in the Woodbridge library, which has brought people together in the past. This event has also been a big attraction due to its proximity to the school and its ability to showcase the many works from the Amity artist community.

At the same time, another big event for Amity's artists will be the CT Scholastic Art Awards. Amity has consistently been a big winner in this major competition with students always placing in the top three. In fact, Amity has even produced a finalist on the national level. In the coming month, teachers will be selecting representatives of the Amity Visual Arts Department.

Finally, Amity Creative Theater (ACT) has its say with its highlight fall play. Following the success of last year's musical, Lovesick, ACT will be working hard to showcase their musical talents and acting abilities. Students in ACT will learn how to become better musicians, performers, and artists. Stay tuned for this year's play: The Minutes and the musical The Little Mermaid. The anticipation is already building for both of these per-

ACT member Liam Van Tonder '26 stated, "I'm extremely excited for the musical this year: The Little Mermaid. I'm so intrigued by what's going to happen with the aerial, tap, and rollerblade numbers. It's going to be a killer show, I can tell you that."

Zamachaj said her favorite part as department head is always watching the students grow and develop in their respective fields. With the calendar packed for the next few months, Amity will have the great pleasure of witnessing another year of developing artists and their highlight performances.



Peabody Museum Boasts Magical New Second Floor

by Nicholas Lu '26

The Peabody Museum is one of the oldest and most venerated museums in the

United States. Founded by George Peabody in 1866 at the direction of his nephew Othniel Charles Marsh, an early paleontologist, Yale professor, and namesake of Yale's Marsh Hall, the Museum remains an incredibly popular destination for locals and travelers alike to admire the prehistoric and ancient artifacts on display.

Recently, the Peabody Museum has undergone major renovations that have added significantly to the already impressive array of displays and exhibitions featured within. After a long waiting period, the Peabody has unveiled its new layout, particularly its 2nd floor.

While the 2nd floor of the Peabody has previously consisted of a small room with some live animal displays, acting almost as a brief detour for

visitors on the way to the 3rd floor, the 2nd floor now contains a far more expansive series of exhibitions. The 2nd floor now focuses mainly on the progress of Humanity and contains displays of many great human inventions.

Entering the 2nd floor exhibits, visitors see

display cases containing navigational equipment such as compasses, sextants, and astrolabes which once helped great explorers travel the world. In fact, there is an entire room dedicated solely to telescopes and other optical equipment.

As visitors progress, they arrive at more ancient human creations. Egyptian mummies and artifacts are displayed first while ancient Mesoamerican artifacts are further on the floor.

head statue. Being significantly larger than the average museum visitor, it is a highly popular item in the museum and is often photographed along any tour.

Senior Bailey Jordan, who recently visited the museum, said, "It was such a wonderful sight to see! The statue was one of my favorite additions."

The second floor exhibits conclude with a few more displays of human artifacts before visitors are beckoned to explore the rest of the museum.

The renovations of the 2nd floor have significantly changed the layout and character of the museum. Visitors who are initially awed by the towering fossils, murals, and taxidermies of prehistoric dinosaurs and mammals are then allowed to witness the finest of human creativity and ingenuity that civilization has to offer.

This combination of natural and manmade wonders helps give visitors an awe-inspiring experience of the beauty of science. Although these renovations are unlikely to be the last, they will help leave One of the main showpieces is a large Olmec a lasting impression for the foreseeable future.



The Upcoming 2024 Presidential Election: Political Expression through Art

by Nicholas Lu '26

With the 2024 election just around the corner, it is not only

politics that is buzzing with activity. Every election cycle often presents itself as a great opportunity and inspiration for artistic expression.

These works are created by Sarina Tian '27, one of Amity's many artists. Her drawings display both candidates - former President Donald Trump and Vice President Kamala Harris along with one of their signature slogans in a close echo to many political signs and posters meant to rally support behind a prospective candidate.

While often not considered the highest form of art, political illustrations have always been a key aspect of politics throughout history. Some of the earliest forms of art, from the Sumerian and Mayan stone carvings of their kings to the monumental Great Pyramids of the Egyptian pharaohs, were meant to

MAKE

This phenomenon continued throughout the ancient period and through to the early modern era. By the time the United States was founded and its election cycle began in earnest, political cartoons were a well-established medium by which artists expressed their political views. Even today, political cartoons can range from simple depictions favoring or disfavoring one candidate or another to expressing a complex political commentary through satire and symbolism.

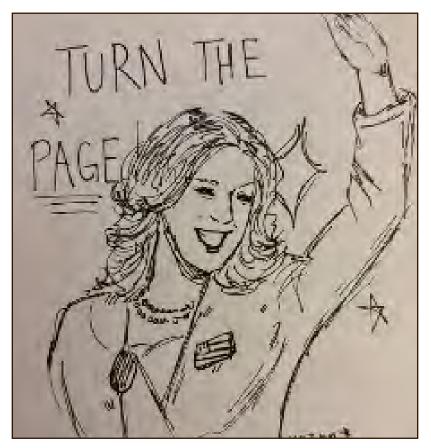
By the time the United States was founded and its election cycle began in earnest, the political cartoon became the primary artistic expression of politics. Political cartoons, in contrast to earlier forms

of political illustrations, specifically served as a medium for artists to express their political views and feelings on the current state of politics. While previous iterations of political art, those which we know of at least, usually were simpler and generally were

commissioned by the established order, political cartoons of the modern era often were used to criticize the establishment. Political cartoons quickly became an integral part in promoting or undermining political campaigns. Similar to speeches, slogans, and banners, political cartoons also were immensely helpful in conveying a message and propagating a political agenda.

Even today, political cartoons can range from simple depictions favoring or disfavoring one candidate or another to

expressing a complex political commentary through satire and symbolism. With the 2024 election set to be one of the most contentious in US history, political cartoons will play a major role in shaping



Contributed by Sarina Tian' 27

Artistic renderings of the major candidates in the 2024 election

public opinion. They will serve as another medium through which Harris and Trump will seek to push their agendas and public persona onto the national stage

The rise of social media and the increase in political polarization has caused many to become less inclined to express themselves or their political opinions through words or actions lest they be deemed "canceled."

While this decline in honest expression is not ideal, it may just present an opportunity for increased political expression through art. Though cancel culture also impacts art, creative artists have been able to use irony, humor, satire, and more to express themselves despite the cultural and sometimes legal restrictions of the time. Perhaps in this turbulent election, it will be both the ballot and the canvas that are completely filled.

represent the rulers, the main political figures, and their great deeds. In fact, these works of art could be thought of as merely elaborate and extravagant forms of illustrative political art.

Artist of the Month: Salma Maklad '26

by Avery Ketchian '26

ing Rapunzel for fun when she was younger, Maklad's love of art has evolved over time into a passion for drawing Anime. She often draws Anime characters from or based on many different Anime stories. She also likes to base her art on overlooked subjects and objects that she nevertheless finds beautiful.

Besides the content of her work, Maklad has significantly expanded the mediums through which she expresses her art. Her favorite art mediums include sketching, painting, and drawing with markers. Overall, the evolution of her art and continued passion for creative expression are largely driven by her belief in the deeper meaning of art.

When asked about her passion for art, Maklad stated,

Meet Salma Maklad '26, Amity's artist of the month. The self-taught artist from Orange continue to improve her art skills. Originally beginning with draw-

Meet Salma Maklad '26, Amity's for art and desire to find beauty in the ordinary.

With a continually evolving passion for art, Salma also loves to seek new ways to express her artistic flair. She loves to write creatively in her free time and is constantly on the lookout for new art mediums. For ex-

menting well as a artwork. petite, M walk arc artists' w of her fa and Yosl are many refers to ferent kit els.

Along Ruenhor has supp style and technique. In ger urally gir

Photo contributed by Salma Maklad '26

ample, the junior is interested in implementing gouache painting in her art as well as combining 2D and 3D in her artwork. In order to fuel her artistic appetite, Maklad tries to set aside time to walk around museums to enjoy other artists' work and get inspiration. Some of her favorite artists include Aidalro and Yoshihiro Togashi, both of whom are manga artists from Japan. Manga refers to an art style often found in different kinds of Japanese graphic novels.

Along Maklad art journey, Christina Ruenhorst, one of Amity's art teachers, has supported her by broadening her style and helping her to improve her techniques.

In general, though, Maklad is a naturally gifted artist, so she has not taken many classes in or outside of school. Despite being passionate about art, she does not want to become a full-time artist as a career. Instead, she wishes to be a commissioned artist or continue to

keep it as a hobby in the future. Who knows? She may just inspire you to pick up a pencil and start drawing!

"The most beautiful part about being human is that we can turn anything-abstract or tangible-into art. To all artists; please don't ever stop creating, because we need this beauty to truly live." This expresses her love

New Haven Grand Prix Unites Cyclists and Community

by Elena Huber '27

On September 13th, cycling fans stormed New

Haven to watch the annual New Haven Grand Prix (NHGP). The NHGP is a criterium race (crit) that goes around the New Haven Green and consists of four sharp corners, with some riders reaching thirty-five mph. The race can last twenty-five to sixty minutes, depending on the category, and one lap is 1.1 km long.

Over 260 cyclists registered, with the age range being eight to fifty-eight. Cyclists of all experiences came to race, including eleven categories overall. Naomi Ericson, a thirteen-year-old Farmington Valley Youth Cycling team cyclist, mentions, "It's a great way to see friends and be competitive and still have support."

This can be their first introduction to crit racing for many youth cyclists, which can differ significantly from other cycling disciplines.

To add excitement and keep the competition lively throughout the repetitive laps, spectators donate money known as "primes" to make the race more exciting. These primes can vary from five to \$2,000 Sprints throughout the race determine who gets the prime, and the person to cross the line first will get the reward. The engaging environment and cash prices also attract riders from out of state.

Elena Svenstrup, a fourteen-year-old rider from the AP CCB Junior Development team from Rhode Island, mentions, "It was super fun,

fast and it was thrilling. The environment was electric, a must-go race." This race is also the Junior New England and State of CT Junior Criterium Championships, attracting more popularity and prestige.

This event isn't just about racing however. Over 15,000 spectators watch these cyclists battle it out on the course, with many ringing cowbells, holding signs, and cheering fiercely.

Sandra Diaz, a mother of one of the junior cyclists competing, comments, "The NHGP brings the community together because it allows people of different backgrounds to get together, and it introduces cycling to the masses."

Not far from the race finish, many food trucks are lined up, most selling pizza. For those over twenty-one, a bear garden is also available, allowing for a hangout location between races. Live music plays in the background, and merchandise is sold.

Barbara Malmberg, Director of Marketing of Visit New Haven, states, "Local spectators enjoyed the events as well, lining the streets in enthusiastic support of the racers. Our entire community welcomes both the participants and spectators to enjoy our hospitality."

Additionally, this race helps support youth cycling. In partnership with New Haven



Photo contributed by Elena Huber Cyclists ride through downtown New Haven.

City, the Connecticut Cycling Advancement Program (CCAP), a non-profit whose mission is to give children in Connecticut (and beyond) access and exposure to the sport of cycling, brings this race to life. This event helps raise funds for CCAP and keep races like these running.

The New Haven Grand Prix blends exciting racing with community support, promoting youth cycling and local engagement and allowing the sport to thrive in the United States.



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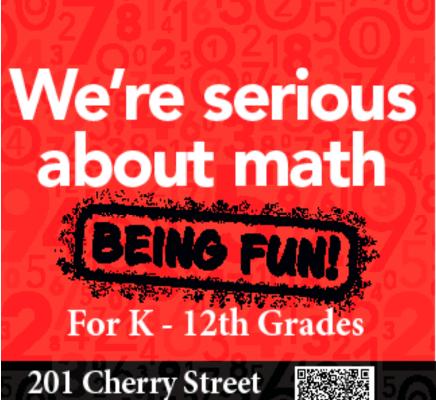
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CIAC Allows Coaches to Attend Preseason Conditioning

by Kathy Scully '25

past, fall athletes held their own

captain's practices, scrimmages, and conditioning over the summer without their coaches. But now, according to a new state-wide rule, coaches can be involved in preseason conditioning. While many teams have stuck to their old ways and continued to condition themselves without the help of their coach, some have taken advan-

tage of the new regulations.

Most athletes rely on captain's practices ready themselves for fall tryouts, one example being the members of the girls swim team. Amanda Ford '25 says, "The practices consist of teammates introducing [themselves]

and getting comof running and then swimming."

Captain's practices allow athletes to prepare for the upcoming season and connect with their teams. These practices include light conditioning, simple drills, and advice from captains.

Ford added, "These practices include light conditioning, simple drills, and advice from the captains. These practices are how swimmers get a general idea of what training will be like throughout the season." This gives incoming freshmen a look ahead as to what they will experience in the fall.

Some teams, however, include specific conditioning practices over the summer in addi-

In the tion to captain's practices. These practices focus on strengthening athletes and building up muscle ahead of tryouts. This conditioning, rather than being aimed at developing an individual's skill, is meant to be a workout to get healthier.

> Starting this past summer, though, a new rule has been added to preseason conditioning. In past years, coaches were not allowed to attend such conditioning.

Now, though, according to the Connecticut Interscholastic Athletic Conference (CIAC),

coaches can "organize an out of season conditioning program that includes running, weight lifting or calisthenics.

This gives them a chance to meet with the team over the summer and ensure that the workouts connect to their individual sport. However, coaches are not allowed to give

fortable with one another, followed by a little bit feedback and advice regarding their sport, and cannot hold sport-focused practices for their current athletes over the summer.

> For teams that regularly held conditioning practices in the past, the new CIAC rule allowing coaches to attend such practices has been a chance for the team to improve before the season starts. However, many of the fall teams at Amity only had captain's practices or held conditioning through Jim Ronai, a local physical therapist, so the rule did not apply to them.

> All in all, the regulation has given teams an opportunity for coaches to give input on the health of their athletes leading up to their tryouts and fall season.



Photo contributed by MaxPreps Varsity Field Hockey on the field last October

The 2024 Olympic Games Reflect International Changes

by Janet Fan '26

The 2024 Olympics ended with the United States holding the winning total medal count at

126 medals, tying in gold medals with China. This Olympic Games marks the centennial since the last time the "City of Lights" hosted this international event in 1924. It is useful to reflect on how different aspects of the Olympics have changed.

In 1924, the Olympic games concluded with a new tradition of raising the three flags of the IOC, host nation, and next host nation. This became a cornerstone of closing ceremonies. The tradition continues in 2024 with three flags shooting into the sky amidst performances by Billie Eilish, Snoop Dogg, and a skydiving Tom Cruise. Not all traditions have survived to this day, however.

While the symbolic release of doves happened in the 1924 opening ceremony, the IOC changed the practice after some birds were accidentally incinerated in the 1988 Seoul Olympics.

Instead, countries have turned to different ways of conveying the desire for international peace. This year's glamorous and colorful performances featured various artists. Organizers of the opening ceremony generated backlash when the colorful and sometimes scantily clad performers in a parade-meant to celebrate French food tradition and embrace diversity-were accused of parodying Da Vinci's painting of the Last Supper, a significant event in Christianity.

In an interview the artistic director Thomas Jolly, he said, "Most of all, I wanted to send a message of love, a message of inclusion and not at all to divide." The evolution of this ceremony reflects the event's cultural and political significance.

Paris reflected internationally relevant is-

sues as well, including the increasing attention towards environmental protection. Parisian officials undertook a more than \$1 billion project to make the Seine, the central body of water in the city, swimmable again. Olympic officials aim to halve the average carbon emissions from London 2012 and Rio 2016. The attempts demonstrate attention and concern for the impact of human activity on the environment, as well as methods to build a sustainable future for the Olympic games.

Finally, Paris 2024 marks a centennial for the evolution of women's sports. While women were allowed to compete in 1900, they were limited only to events deemed "feminine" enough to be appropriate, such as tennis, sailing, croquet, and horse riding. By 1924, the prevailing medical belief was that such "feats of endurance" would cause women to "become old too soon." In 2024, however, more than half of all medals at the 2024 Games were open to female athletes.

Furthermore, Parisian Olympic officials required countries to send an equal number of male and female athletes, Prior to the 2024 Olympics, the IOC president announced, "We are looking forward to Paris 2024, where we will see the results of efforts made by the Olympic Movement and female trailblazers come to life. This is our contribution to a more gender-equal world."

As for the fear of participation causing females to age prematurely, this Olympics put any doubts to rest. Twenty-seven-year-old Katie Ledecky won her 14th medal, becoming the most decorated female swimmer. Ledecky, alongside other athletes, has defined the lifetime of an athletic career, pushing the boundaries of the sport.

All in all, one cannot deny that the centennial of the Paris Olympics will go down in history as one of the most memorable.

A Spotlight Shines on the New Girls' Cross **Country Coaches**

by Claire Theiss '26

As this year's cross country season begins, two new coaches help pave the way for the Amity girls' team. Coach Laura Pierce serves as the head cross country coach, having started coaching at Amity as a volunteer assistant coach during the 2024 outdoor track season. Coach James Mas joins her as the Assistant Cross Country Coach, after serving as an assistant coach since the 2024 indoor season.

Running is nothing new to Pierce, who began in eighth grade and hasn't stopped since. She ran throug high school and continued running cross country as well as track and field at Oberlin College.

Pierce explains, "For me, running has looked different over the years, but I've never stopped." Whether it be running to prepare for a marathon, or running simply because she enjoys the activity, Pierce has maintained her love for the sport. She has also served as an assistant coach for multiple college teams.

When asked "What's your 'why' for coaching?" Pierce responded, "I love running so much, and high school running is what got me started. I wanted to give that back and help other people fall in love with running."

Pierce has three main goals for the season. Pierce's final goal is for everyone to have had fun and feel like they've grown over the duration of the cross-

Olivia Cummings '26 commented on her coach, saying, "It's been great having a coach that clearly cares about our well-being as well as our performance."

James Mas came to Amity last year at the start of the indoor track season. He had experience in running throughout his high school and college years. Following that, he became the men's Assistant Cross Country at Quinnipiac University.

Team member Phoebe Halsey '26 said, "We're really grateful to have [him]. He came into the program bringing motivation and excitement to the team at a low point in the season."

Halsey references the fact that many of the distance track team's athletes were dealing with injuries during the last indoor track season. During the indoor and outdoor track seasons, Mas helped strengthen the team through time spent in the weight room. He also helped make the team faster through difficult track workouts and long runs.

Halsey said, "He puts a lot of time and effort into making us better athletes," while Cummings added, "I'm excited for the season." And it's safe to say the rest of the team agrees and looks forward to continuing to train under the direction of their new coaches.



Photo contributed by Claire Theiss '26 Coach Laura Pierce and Coach James Mas of the Girls Cross Country team.

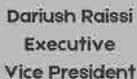
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